60th Air Mobility Wing

"Safety Wire"

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Holiday Parties and Alcohol

During the holidays, traffic accidents and deaths increase dramatically because of alcohol consumption. Fortunately, there are several steps you can take to avoid being involved in an alcohol-related accident – or having a guest involved in one.

IF YOU'RE THE HOST:

Ask drinking guests to travel with a non-drinking "designated driver," or plan on taking a taxi home.

- Control the flow of liquor by avoiding self-service bars. It's better for one person to tend bar.
- Consider serving mixed drinks made with fruit juice instead of carbonated beverages since carbonation accelerates the affects of alcohol. Make sure there are plenty of nonalcoholic beverages in plain view so that your guests have a choice.
- Pour sensible drinks, with plenty of mix, and keep service on the slow side.
- Avoid salty snacks -- they tend to make people drink more.
- Shut down the bar at least one hour before you expect guests to leave.
- If you think a guest's driving ability might be impaired, arrange a ride with a designated driver or call a taxi.

IF YOU'RE THE GUEST:

- There are two basic rules:

1. If you drink, don't drive.
2. If you drive, don't drink.

However, if you do drink, limit it to no more than one drink an hour (that's about how long it takes a healthy body to get rid of the alcohol in one drink) and stop drinking one hour before driving.

On the road, watch for drivers who may have had too much to drink. Some tip-offs are erratic driving, weaving, and driving too fast or too slow.

Look for pedestrians who may have been celebrating a little too much -- drinking and walking don't mix very well, either.

60th AMW Safety